



5. Stadtlauf Bad Tennstedt  
Bad Tennstedt / 10.09.2022

Detailed evaluation

Lein, Silke

Club: Team Fitness-Mama  
Number: 116

Course: 10.00 km  
10 km Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:07:18

Speed: 8.92 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 28 (of 29)

Rank in course/Women: 5 (of 6)

Best time in course: 51:35

Rank in category: 1(of 2)

Best time in the category: 1:07:18